

CLUBS AND ENTERTAINMENT

CLUB CHAMELEON--WEST RUISLIP

Fri, 16 - Soul RnB Night
Sat, 17 - ST. Patrick's Night Party
w/City Slickers Disco

Fri, 23 - 'NEW' Hypnotic Show w/
Ashley Dean (DJ Afterwards)
Sat, 24 - Salsa Party



PINE TREES CONF CENTER-DAWS HILL

Looking for a venue? Pine Trees Conference Center, is the perfect venue for your function. Ideal for command classes, seminars, or private celebrations, weddings and parties. Contact Justine on x5628 to find out more.

U.S. MARINE ENLISTED CLUB--EASTCOTE

U S Marine Enlisted Club
Breakfast & Lunch Available Monday
thru Friday



NEW! Wednesday Night Movies now showing in the Theater!

Movies start at 1800

March's Titles

21st - Space Cowboys
28th - Get Carter

HQ'S BAR & GRILL--7 NA

Fri, 16 - ST. Patrick's Eve Karaoke Night
Fri, 23 - No Entertainment

**DISCO every Saturday with resident
DJ Graham**

It's out the new MWR Newsletter!

" @ YOUR LEISURE "

Pick-up your copy TODAY, includes all you'll need to know about upcoming MWR programs and events, locations and opening hours.

If you have any problems getting hold of a copy or hearing about MWR programs, Please contact Becky at RAF Daws Hill x5649, 01494-795649 or Bourne@cnauk.navy.mil

We are committed to providing the best service possible and would like your comments...

Please send in your cards, letters, e-mails, whatever works...

WE'D LOVE TO HEAR FROM YOU!



Child Development Homes

We are recruiting for

Child Development Home Providers
who live at RAF West Ruislip and
RAF Daws Hill Navy Housing.

**You will be supported by
COMNAVACT UK**

with initial and on-going training
Start up items are also provided
ie safety gates and toys etc,

**For more information contact
Clare Porter at CDC x6523**

FOR
THE
KIDS



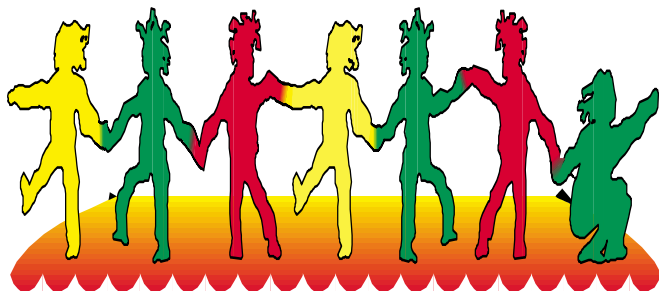
CHILD DEVELOPMENT CENTER INFO



The Child Development Center offers child development services for active duty military and DOD civilians with children aged six weeks to five years for full-time, part-time or hourly care.

The program hosts a developmental program for infants, pre-toddlers, toddlers and pre-schoolers. The Department of Defense ensures consistent quality by providing a standard of operation, fee scale and curriculum guidelines throughout the Navy. Special age appropriate programs and events are designed for the children.

For program information, questions or suggestions contact the Child Development Center Director, Ms Charlene Brown at x6520 or Comm. 01895-61-6520 or e-mail BrownC@cnauk.navy.mil.



RUISLIP WOODS

Tuesday, 25 March

The Older Preschool children will take a bus ride to Ruislip woods where they will enjoy a fun walk through the trees. This trip will leave at 1000.

WALK TO ICKENHAM

Thursday, 29 March

The Infants will take a walk to Ickenham village to experience the sights and sounds. Trip will leave at 1045.

PARENT BREAKFAST (0730 – 0800)

Friday, 30 March

Come and get your day off to a great start and have breakfast with your child at our CDC.



YOUTH ACTIVITIES

Youth Activities are recreation programs and events designed for children ages 5-12. The year-round program offers a School-Age Care Program, Sports and Fitness Program, and a variety of Recreational and Social Activities & Skills. For more information, questions or suggestions contact, x6589, (01895) 61-6589.

BEFORE AND AFTER SCHOOL PROGRAM

West Ruislip Elementary School: 0615-0810 Before School
1500-1815 After School
Elebe Primary School: 0615-0830 Before School
1530-1815 After School

FULL DAY PROGRAM

On days WRES and Elebe Primary School are out.
MON-FRI 0615-1815

FRIDAY NIGHT PRE-TEENS & TEENS

Designed for ages 12-18, in Junior High and High School.
Fridays: 1830-2200 at RAF West Ruislip Youth Center.
Fun includes Nintendo 64, Sony Playstation, billiards, football and video/DVD movies. Pre-teens and teens are allowed to sign themselves in/out of the Youth/Teen Center.

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safe, and dry environment. Various climbs, artificial and natural rock routes, the **Log Climb, Bouldering, Abseiling, Cargo Nets, Rope Bridge** and the **Zip Wire!** You don't have to be an experienced rider or climber to enjoy this trip, the riding and climbing centers has friendly, experienced staff that caters to all level and abilities. Accommodations are in a 13th century farmhouse located on site. Meals are self-catering: you must bring your own food. Facilities include toilets, washbasin and electric showers. The kitchen has electric two ovens, a large grill microwave, refrigerator and two oak dining tables. The van departs RAF West Ruislip at 0700, 7 North Audley at 0730 and departs the BEQ at 0800 17 April and return at 1800 19 April. The cost of this trip for authorized Liberty program patrons is £40. The cost for non-Liberty program patrons is £84. Non-liberty program patrons may deduct £22 from the price of the trip if they do not wish to attend a climbing course. If you have any questions please feel free to contact Kenneth Watson the Liberty program coordinator at x 6754.

BLUEWATER MALL

SATURDAY, 28 APRIL

Experience shopping in the most innovative, and exciting shopping and leisure destination in Europe today. The Bluewater mall is home to over 320 shops, restaurants, and cafes. Built in a former chalk quarry 15 miles east of London, Bluewater's 1.68 million square feet of retail space make it the biggest retail shopping center in Europe. Come out and join use for a day of shopping, or you can take in movie at the complex's 12 screen Warner Brothers cinema. The van will depart RAF West Ruislip at 0800, departs #7 North Audley at 0830, and departs the BEQ at 0900. The van departs Bluewater mall at 1700. The cost of this trip is free to authorized Liberty program patrons. The cost for non-

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"BOBCAT" TEEN CENTER

Teen programs are designed for ages 12-18, in Junior High and High School.

For Program information, questions or suggestions contact Justine Campbell x5628 (01494) 79-5628 or e-mail CampbellJ@cnauk.navy.mil

TELEVISION STUDIO TRIP

Wednesday, 14 March

The Teen Center and LCHS are going to be participating in the Kilroy Show. It's a British talk show that talks about all different things this time the focus is on TEENS. There will be an open forum for us teens to discuss anything we want. Watch out for when we will be live on TV!!!.

BIG BASKETBALL BLOW-OUT

Thursday, 15 March

(Continued from page 21)

Liberty program patrons is the normal MWR transportation cost.

SAILING WEEKEND

FRIDAY, 25 – 27 MAY

"All I need is a able ship and a star to steer her by" Have you ever dreamed about taking control of the helm of a classic sailing yacht, pointing the bow towards the horizon in search of fun and adventure? Well here is your chance. Spend two nights and two days onboard Tangaroa, a 60 foot traditionally rigged gaff ketch. Tangaro has a charm all of its own, with beam ceilings, long oak table, and wood burning stove. This is the ideal opportunity for the totally inexperienced sailor to try sailing for the first time. Training in basic seamanship is available to those who want to learn a new skill, or alternatively you can sit back in a deck chair and just enjoy the spectacular scenery. Accommodations and meals are provided onboard tangaro. The van departs #7 North Audley at 1700, 25 May, and return at 2030, 27 May. The cost of this trip is £84. Space is limited to 12 individuals, so sign up early to avoid disappointment. If you have any questions please contact Kenneth Watson at x6754.

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THURSDAY, 21 JUNE

TICKETS AVAILABLE

This race day will take place in front of Her Majesty The Queen and other members of the Royal Family. It is the BIG day of the Royal Meeting, and you could be there! Take a picnic and your own bottle of refreshments to make a real Ascot day of it! Dress code is suit and tie

We are having a Big Basketball Blow-Out at the school gym. There will be six teams from the local area all competing for the Big Prize. It should be full of fun, excitement and lots of laughs. Come down and cheer for your team. Fun starts at 1900 until we finish.

FOR
THE
KIDS

TEEN PARTY

Saturday, 17 March

Party, Party at the club this Saturday. We would love to have a all you guys come down and have some fun. Refreshments available. Fun starts at 1900 - 2000 at the Pine Trees Club, RAF Daws Hill.



for gentlemen and high fashion for ladies. Cost is £50.00 per person. This includes transport, access to the grandstand, paddock and tattersalls enclosure. Bus departs CDC, at 1000 and returns at 1800.

GEAR ISSUE

To complement the "Outs & Abouts" program, we also offer an outdoor recreation equipment rental program. A variety of items may be rented on a daily or weekly basis, and can be found at the Fitness Center, Bldg 180, located at West Ruislip.

MOUNTAIN BIKES FOR HIRE

STOP PRESS...

New mountain bikes with full and half suspensions are now available at the West Ruislip and Daws Hill Fitness Centers.

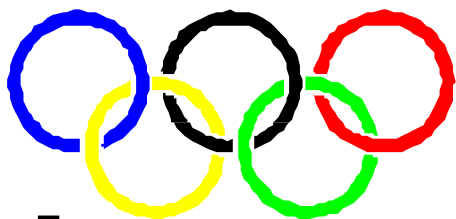
West Ruislip x6609 or (01895)-61-6609

Daws Hill x5625/5610 or (01494)-79-5626/5610

The mountain bike rental program is available to I.D. cardholders only.

MOUNTAIN BIKE ROUTES

If you want to go cycling in the local area and don't know the best spots... look no further than the ITT offices. There you will find maps and information on places to ride in the Ruislip area, within cycling distance from the base and tube station, for those wanting to get out of town. Also listed are watering holes and food stops.



FITNESS AND FUN

ON-GOING FITNESS PROGRAMS

WEST RUISLIP

For more information on any of the following events, contact Sara at x6609 (01895-61-6609).

March 2001

	Monday	Tuesday	Wednesday	Thursday	Friday
0700-0750	PRT READY		PRT READY		PRT READY
1400-1630		New		Command Circuit Training w. Sara	
1700-1800	Cardio-Condition	Circuit Training w. Sara	Body Tone w. Ria	Step	
1815-1915	Aerobiking w/Dr. Hall				

ALL NEW

BLLENHEIM CRESCENT

	Monday	Tuesday	Wednesday	Thursday	Friday
1200 - 1300	Manic Mondays W /Albert, Sara or Zena	Trail Training W / Sara or Zena <i>Meets at front gate of Medical Parking Lot. Don't forget your water bottle</i>	AEROBOXING W / Maria Racquetball court Swim Training W/ Sara <i>Meets at front gate of Medical</i>	Trail Training W / Sara or Zena <i>Meets at front gate of Medical Parking Lot. don't forget your water bottle</i>	Fit Fridays W/Albert, Zena or Sara Swim Training W/ Sara <i>Meets at front gate of Medical</i>

FITNESS & FUN PROGRAMS

* SIGN-UP FOR ANY FITNESS CENTER ACTIVITIES WITH:

Sara at West Ruislip Fitness Center x6609, (01895) 61-6609, or

David at North Audley Fitness Center x4541, (020-7514) 4541

Susan is the MWR Fitness Coordinator x5625 or x6746.

* **COMMANDER'S CUP SIGN-UPS CALL**
Clarence Hicks, x4371, (0207) 514-4371.

Please contact the Director of Fitness & Sports Division, Lani Nevil at x6746 or x4374 with any questions or concerns.

NEW WEEKEND HOURS AT ALL FITNESS CENTERS!

Thanks to patron response, starting March 10th MWR offers new, improved Fitness Center weekend hours as follows:

North Audley	Saturday	1000-1700
	Sunday	1200-1700
West Ruislip	Saturday	0800-1500
	Sunday	1000-1500
Daws Hill	Saturday	1000-1700
	Sunday	1200-1700

Thanks to everyone who responded to the customer surveys.

Watch for even more new classes and programs coming soon!